

**MULTI-SERVICE SENIOR CENTER**

40086 Paseo Padre Pkwy
Fremont CA 94538
www.fremont.gov

Ticket Information: 790-6610
Office: 790-6600



Lunch Menu September 2006

Vegetarian Option Available by prior arrangement with Chef
Please speak to the Chef before 10:00 am for special dietary needs.
**To Go Tickets Must Be Deposited At the Large Kitchen Window
Immediately After Purchase**

LUNCH: 12:00 NOON

Members: \$4.00

Non Members: \$6.00

**TICKETS SOLD:**

**FIRST-COME, FIRST SERVED
NO REFUNDS, NO EXCHANGES**

Frozen Meals When Available:

M,W,TH - \$2.50 m & \$3.25 n-m

T & F - 3/ \$5 m & 3/ \$6 n-m

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 28 Swiss Steak, Steamed Rice, Vegetable Salad, Roll, Dessert	August 29 Egg Plant Parmesan w/ Pasta, Garlic Bread, Salad, Vegetable, Dessert	August 30 BBQ Kabobs of Shrimp & Chicken over Rice, Salad, Roll, Dessert	August 31 Beef Stroganoff over Pasta, Vegetable, Salad, Roll, Dessert	1 Oven Roasted Pork Steamed Parslied Potatoes Vegetable, Salad, Dessert
4 CLOSED FOR LABOR DAY HOLIDAY	5 BBQ Spare Ribs Baked Beans, Corn on the Cobb, Macaroni Salad, Roll, Dessert	6 Parmesan Herb Crusted Chicken w/ Marinara Sauce & Pasta, Vegetable, Salad, Dessert	7 Crab Cakes with Tartar Sauce, Tater Tots, Cole Slaw, Roll, Dessert	8 Lamb Chops w/Honey, Horseradish, Mustard, & Mint Glaze, Garlic Mashed Potatoes, Salad, Dessert
11 Chicken Ossobucco Over Pasta, Marinara Sauce, Vegetable, Salad, Garlic Bread, Dessert	12 Meat Loaf with Mashed Potatoes & Gravy, Salad, Vegetable, Roll, Dessert	13 BBQ Tri-Tip, Baked Potato w/ Sour Cream, Vegetable, Salad, Roll Dessert	14 Taco Salad Dessert	15 Grilled Sole with Lemon Butter Sauce, Multi-Grain Pilaf, Roll, Vegetable, Salad, Dessert
18 Baked Ham Steak w/ Dark Cherry Sauce, Scalloped Potatoes, Salad, Vegetable, Roll, Dessert	19 Chicken Cordon Bleu, Brown Rice Pilaf, Salad, Vegetable, Roll, Dessert	20 Pork Loin w/ Honey- Balsamic Glaze, Salad, Vegetable, Roll, Dessert	21 Top Sirloin Roast With Mashed Potatoes & Gravy, Vegetable, Salad, Roll, Dessert	22 Chicken Enchiladas, Spanish Style Rice, Refried Beans, Vegetable, Salad, Dessert
25 Pork Chops, Smothered Potatoes Boulanier, Vegetable, Roll, Salad, Dessert	26 Egg Plant Parmesan, w/ Pasta & Marinara Sauce, Vegetable, Salad, Roll, Dessert	27 Chicken Chili Rellenos Casserole with Tortillas, Mexican Style Corn, Salad, Dessert	28 Philly Cheese Steak, Potato Chips, Salad, Dessert	29 Baked Salmon, Rice Pilaf, Vegetable, Salad, Roll, Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk.
Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.